



Easy Garlic Bok Choy



serves 4



cook time: 10 minutes

Super quick and easy to make, Garlic Bok Choy can be served with chicken, beans, tofu, or as part of a stir fry. Adjust this recipe to your taste and family size, you can't go wrong!

Ingredients

- 3-4 Bok Choy (cleaned, chopped)
 - 1 Tbsp Olive oil
 - 2 Garlic cloves
 - 1-2 tsp Sesame oil
 - 2 tsp Soy sauce
- optional: red pepper flakes, scallions, sesame seeds

Directions:

1. Add the oil to a skillet over medium-high heat. Add the garlic, stirring continuously for 1-2 minutes
2. Add the Bok Choy, soy sauce, and sesame oil. Toss to coat. Cook for about 5 minutes or until Bok Choy is cooked to desired doneness
3. Sprinkle with crushed red pepper and serve immediately